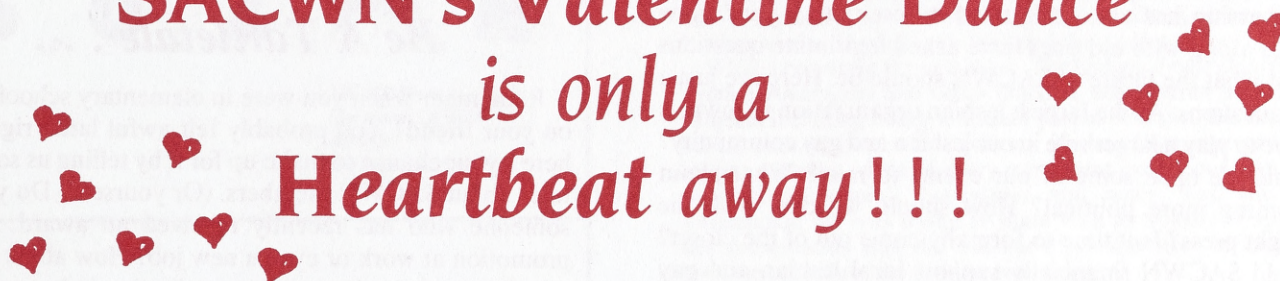


SACRAMENTO AREA CAREER WOMENS NETWORK, INC.

VOL. 7, NO. 2

FEBRUARY, 1991

SACWN's Valentine Dance
is only a
Heartbeat away!!!



Saturday, February 23, 1991
8-12 p.m.

Unitarian Universalist Church Hall
2425 Sierra Blvd.
(Between Howe & Fulton, north of Fair Oaks Blvd.)

TICKETS: \$11.00 Pre-registered members
\$9.00 Students/Seniors/Disabled/Limited Income
\$16.00 All At-the Door or Pre-registered Non-members

Featuring the band: **The HEARTBEATS!**

Baby, Baby, come and hear the HEARTBEATS as they play everything from top 40 to swing to country to oldies but goodies! Dance the night away to the beat of the HEARTBEATS and the beats of the hearts of some wild dancin' women.

Non-alcoholic beverages, beer and wine will be available, as well as munchies (potato chips, pretzels, etc.). Membership cards and non-member IDs will be checked because of the sale of alcohol.

An event for women 21 years and older.

A Message From The Steering Committee

Last year has been one of incredible growth for the Sacramento Area Career Women's Network. The SACWN Steering Committee dealt with some very complex questions and at times made decisions that not all members of the Steering Committee could embrace. It would be nice for a group to always reach a consensus when making a decision. Sometimes, however, not everyone agrees. In those instances, an organization moves forward based on a majority vote that may not leave everyone satisfied. The current SACWN Board thanks those Board members who resigned last month for all their contributions.

As SACWN continues to grow, there is a need to change and incorporate new ideas into the organization. SACWN's membership has almost doubled in less than a year. New voices along with old ones have asked legitimate questions about what the future of SACWN should be. Here are just a few questions: As the largest lesbian organization in town, is it time to play a larger role in our lesbian and gay community? Should we open some of our events to men? What about becoming more political? How should we deal with the straight press? Is it time to formally come out of the closet? Should SACWN financially support local lesbian and gay causes?

As you might imagine, there is a wide range of diversity in how those questions could be answered. This Newsletter deserves credit for bringing some attention to these important issues during the past year. The Steering Committee is responsible for determining the process by which to address these issues. For example, several months ago we asked you to comment about our participation in the Lesbian and Gay Town Council. A survey taken in August 1989 showed the membership didn't want us to be "political," but that was before our membership had doubled. To make sure we were in touch with our membership, we held a Forum and asked you to send in your vote. We then proceeded based on your feedback. Each month we keep you updated on what happens at the Town Council.

SACWN strives to meet the needs of its membership. As a business, SACWN must conduct all of its activities in a fiscally responsible way if it is to continue to thrive. While many of you may perceive SACWN to be a non-profit organization, it is actually a business just like the paper *Mom Guess What*, or the bar Faces. Rosy Metrailer is the sole shareholder of this business, reinvesting any profits back into the organization while also responsible for any financial losses incurred. The Steering Committee acts as an advisory group to Rosy.

Last year SACWN operated at a loss due to increasing expenses. At the request of the Steering Committee, a business consultant was hired in December to help us become fiscally strong and develop a process to create a new vision for SACWN. The Steering Committee met again in January and we are working on a plan to streamline the tasks of running SACWN.

Because we value your input, we will be using the newsletter in the months to come to ask your opinions on the

future course of SACWN. We will then utilize your answers to help us make decisions about expanded activities for SACWN in 1991. In this Newsletter we ask you to tell us about the successes of our members and to share your "coming out" stories.

We on the Steering Committee are committed to seeing SACWN grow stronger and meet the needs of its diverse membership in the year to come. Working together with you we will be able to help keep SACWN a thriving, growing Lesbian Organization. Please reach out to us and express your thoughts and ideas.

Rosanna Herber
Steering Committee Coordinator

Be A Tattletale . . .

Remember when you were in elementary school and told on your friend? You probably felt awful later, right? Well, here's your chance to make up for it by telling us some great tales about SACWN members. (Or yourself!) Do you know someone who has recently received an award, maybe a promotion at work or even a new job? How about someone who has made an important contribution in her profession? Or someone who has been successful in achieving her goals?

Please take a moment now and write us a note about yourself or that successful SACWN member you know. Send it to: **Successful SACWNite, SACWN, P.O. Box 661332, Sacramento, CA 95866.** Include her phone number and we will contact her before we print the good news just to make sure it's okay with her.

Thank you for helping us recognize our members for their accomplishments!

The SACWN Board wishes to thank the following people for helping with the February Newsletter: Rosanna Herber, Kathy Buxton, Marta Kravech, Mary Smith, Sandra Warne, and Linda Ramer.

If you would like to work on the Newsletter, please call Susan Goodrich at 451-9691.

STEERING COMMITTEE

SUSAN GOODRICH
Networking Committee Coordinator
(916) 451-9691

ROSEMARY METRAILER
Corporate Coordinator
(916) 447-7255

JOANNA CASSESE
Program Coordinator
(415) 787-1623

ELLIE ZACKS
Special Interest Groups Coord.
(916) 967-0611

ROSANNA HERBER
Steering Committee Coordinator
(916) 451-1682

LINDA KILLICK
Administrative Assistant
(916) 486-8985

SACWN, Inc. Newsletter is published monthly. No portion of this newsletter may be reproduced without written permission from SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866.

SACWN, Inc. solicits letters regarding issues, concerns, etc. Please send letters signed to Editor, at above address. Names will appear with prior approval. Letters may be edited due to space restrictions.

Individual Financial Care

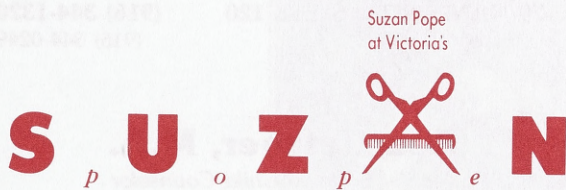
SPECIALIZING IN PEACE OF MIND
Personal record keeping and bill paying service



Ellie Charlton

Now a service for that busy
person who hates paperwork

Call Now! 916/487-3370



Suzan Pope
at Victoria's

1201 24th Street
Sacramento, CA 95816
443-5456
By Appointment Only

Linda K. Marquis, L.C.S.W.

License No. LCS 11262

Individual, Family, Couples,
& Group Psychotherapy

1216 18th Street
Sacramento, CA 95814

(916) 443-0560

BARBARA EVANS
OWNER

GEMINI

CARPET & UPHOLSTERY CLEANING
WATER DAMAGE RESTORATION
PET DEODORIZATION
CARPET REPAIR & SPOT DYEING

NAPA
(707) 257-8057

SACRAMENTO
(916) 448-7969

COUPLES, FAMILIES, INDIVIDUALS



ELLIE ZACKS, Ph.D.

CLINICAL PSYCHOLOGIST
PSY10426

(916) 967-0611
BY APPOINTMENT

7509 MADISON AVE., B-105, CITRUS HEIGHTS/95610

COMING IN MARCH . . .

Comedian/Feminist Robin Tyler is our March speaker. During our networking hour, she tells us she will "schmooze her way through the audience" and later talk to us about "everything from A to Z, except sex with Lou Sheldon." Please remember all pre-paid tickets will have reserved seating.

JoAnn Loulan - Live in Sacramento!

by Kathy Buxton

JoAnn Loulan entertained a SACWN audience of over 400 women on January 18 at the Holidome on Madison Avenue. Self-described as a "recovering butch" with two states: pissed off and really evolved, a computer-phobe with a computer named 'Maxine,' and a formerly pious Catholic girl from Ohio, it was vintage Loulan as she dazzled and delighted the audience.

While presenting her new book, *The Lesbian Erotic Dance: Butch, Femme, Androgyny and Other Rhythms*, she covered a plethora of subjects including being a lesbian parent of a son, the dangers of breast cancer, how we've put sex in the closet especially since lesbians are the wives of every movement except our own, AIDS, supporting women's bookstores and more. The amount of information she was trying to share with us however fragmented her presentation and did not leave enough time to clarify her premise regarding the lesbian erotic dance.

JoAnn described how our movement began at Stonewall with the bravery of the butches and femmes. Later, she said, we told them to get lost, afraid they would embarrass us with their open eroticism. The Androgynous Imperative was born and we all tried to act alike, look alike, be alike and think alike or we couldn't be in the club! Thus was born the concern for being "PC" or politically correct. Ironically and sadly, this silencing of differences repeats an earlier, poignant silencing in our youth by the straight world. We lost our language, especially our erotic language, and our erotic archetypes by our denial of butch and femme.

When she asked, "Butch and femme is an important concept for how many of you in the audience?," 33 women raised their hands or 8.5% of the audience. JoAnn felt that expressed our alienation from our archetypes, since it is, she says, a universal part of lesbian culture to rate ourselves on the butch/femme scale.

Her presentation, although far too long, was highlighted by her reading of the erotic first chapter of her new book. Having not yet finished her book and after hearing her speak, I am still uncertain how she views butch/femme: as a generally accepted cultural stereotype that has lost something over the years or as a construct that allows us the room to develop our erotic selves?

While she raised some fascinating questions, I think JoAnn is in over her head on this one and could use Mary Daly's assistance and precision in the articulation of a new erotic language. Every day we are re-inventing being lesbians, JoAnn says, and she has described commonly held perceptions of our lesbian community and asked several leading questions. The answers are up to us to create.

Clare Ludovina RN, CMT
Therapeutic Massage
Health Planning

2224 "J" Street, Suite 214
Sacramento, CA 916-442-1282

Coming Up In April — WOMEN IN BUSINESS FAIRE!

SACWN's April Networking Program would like to highlight women in business in Sacramento and the surrounding areas through networking activities and booths. We're now in the organizational stages and are interested in hearing from those women in business who would like to participate! Please call 451-9691 and leave your name, phone number, and business. We will get back to you regarding the program and what's in store. Let's network —and celebrate and support each other in our endeavors!!

Tell Us About "Coming Out" Stories

The SACWN Newsletter is interested in learning about your "coming out" stories. "Coming out" is a very personal experience and each woman has her own way of dealing with the choices surrounding this issue. We would like to print your stories so we can begin to share different perspectives on this very important decision we all make on a daily basis.

Please send your stories to: SACWN, P.O. Box 661332, Sacramento, CA 95866. Because of space considerations, we ask that you limit your stories to 150 words. We hope to hear from you soon!

Theater At Its Best

The Lambda Players presents *Cloud Nine* by Carly Churchill, Saturdays and Sundays, February 9th through March 3rd at 8 p.m. at the Lambda Community Center. Call 442-0185 for tickets and remember there is limited seating. *Cloud Nine* is a hilarious comedy that explores gender roles and sexual preference.

Town Council Report

The Town Council meeting for January was held after our newsletter went to press. We will give you an update next month.

CHALK CHIROPRACTIC

Judith F. Chalk, D.C., C.C.S.P.
Doctor of Chiropractic
Certified Chiropractic Sports Physician

364-1684

9500 Micron Ave. • Suite 108 • Sacramento, CA • 95827



MEDA REBECCA

CERTIFIED MASSAGE THERAPIST

916.444.3445

MASSAGE

PFINGST

Realty

VICKI PFINGST

Broker

Phone 362-1166

Residence 395-0490

5120 MANZANITA, SUITE 120
Carmichael, CA 95608

(916) 344-1320
(916) 344-0249

Bea Betzner, M.A.

Marriage Family Child Counselor
Intern #IMF 11881

in supervision with
Marsha Nohl, M.A., MFCC



Verna May, R.N., CMT

Integrative Massage Therapy

(916) 363-2349

FOLSOM LAKE TOYOTA

THE TOYOTA SOURCE

JANICE KEHOE
Fleet Sales

SPECIALIZING in
your vehicle purchase-
Import or Domestic!

1940 Zinfandel Drive
Rancho Cordova, CA 95670

(916) 635-7111

Nan L. Goodart

ATTORNEY AT LAW

7230 SOUTH LAND PARK DRIVE
SUITE 121
SACRAMENTO, CA 95831
(916) 422-3000

ESTATE PLANNING
LIVING TRUST
WILLS
PROBATE

If Garbo had taken a cruise, this would have been the one!

ROBIN TYLER PRODUCTIONS presents

THE SECOND 7 NIGHT WOMEN'S THANKSGIVING CRUISE TO THE MEXICAN RIVIERA!



LUXURY, ELEGANCE & ROMANCE ON THE HIGH SEAS!

Saturday, November 23rd to Saturday, November 30th, 1991

from \$695.00 to \$1595.00 - \$250 deposit will hold your place

(Check or M.O. - MasterCard or Visa accepted for deposit If you are paying by credit card you may call in your deposit)

SAIL FROM SAN DIEGO, CALIF. to CABO SAN LUCAS, PUERTO VALLARTA & MAZATLAN

SPECIAL MONTHLY PAYMENT PLAN on MasterCard, VISA or Check

Call or Write NOW! Space is Limited

Over 50% of last years passengers are returning on the 1991 cruise! (DOUBLE BEDS ARE VERY LIMITED)

SPECIAL EARLY BIRD DISCOUNT!

All passengers who pay in full prior to February 15, 1991, will receive a 5% to 10% DISCOUNT.

SPECIAL ON QUAD (4 in a Cabin) A, B, BB & E CABINS **\$695-\$895 per person - EXCELLENT DECKS**

SINGLES WELCOME! • Singles Dances • Special Singles Seating at Meals • Singles Facilitated Workshops • Singles Reception
We will facilitate room share arrangements for the many women who are traveling alone.

SPECIAL EVENTS ON BOARD SHIP

SATURDAY: Bon Voyage Party

SUNDAY: The Producers Party (Formal)

MONDAY: Country Western Night

TUESDAY: 50's Sock Hop & Eleanor Roosevelt Reception

WEDNESDAY: Mexican Fiesta Night

THURSDAY: The Alice B. Toklas, Gertrude Stein Formal
Black & White Thanksgiving Ball

FRIDAY: The Annette Funicello Pajama Party

Join 800 women from all over the world on a beautiful first class ship sailing toward exotic destinations. On board enjoy the swimming pool, gymnasium, card room, library, movie theatre & bingo and casino, dance lessons (country western & ball room), fabulous entertainment by cabaret performers, nightly dances (indoor and under the stars), 2 formal nights, skeet shooting, horse racing, elegant lounges, bars, duty-free shop, 12-step program...and much, much more.

(please cut on dotted line and send form in only)

For reservations or additional information write:

Robin Tyler Productions
15842 Chase St. Sepulveda, CA 91343

or call at

1-818-893-4075 9am-5pm (Pacific Time) Mon.-Fri.

or Fax: **1-818-893-1593.**

NAME: _____

ADDRESS: _____ Apt. # _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE (hm): (____) _____

TELEPHONE (wk): (____) _____

Please send Color Brochure for ☐ 1991 Women's Luxury Thanksgiving Cruise ☐ All Future Cruises ☐ Women's International Tours

Emotions and Your Health A Balancing Act . . .

by Sandra Warne, M.A.

Seeing The Light

Have you found that as winter approaches, a slight sense of dread enters your consciousness? Do you ever wish that you could go into winter hibernation? Granted, the holidays can be stressful, and there are many predisposing factors and complex origins of depression, but it is possible that something altogether unsuspected is the culprit in winter mood changes.

Light specialists now know that certain types of depression arrive in the winter and vanish in the spring. A surprising number of people lapse into a wintertime funk when Daylight Savings Time ends. Most people say that they slow down a little in the winter. The National Institute of Mental Health maintains that most people sleep more and gain a little weight, but there are great numbers of individuals who have extreme problems in the winter. These are people that know something's wrong but they've never known what to call it.

In some cases, a mild funk turns into serious mental illness.

Today many mental health specialists and endocrinologists recognize that light can have a very complex effect on the body and the mind.

Although the process isn't entirely understood, it's believed that light enters the eyes, travels to the brain and stimulates the pineal gland. Depending on whether the light is coming in or out, the pineal gland either suppresses or releases a hormone called melatonin. This hormone induces sleep, raises the level of serotonin, (a neurotransmitter that carries messages through the nervous system) and determines the release of still more body regulating hormones. It is also believed that light may increase the body's protective immune system. In short, light seems to have a tremendous impact on our health and behavior.

An interesting experiment was conducted by Dr. Thomas Wehr, M.D., and Norman Rosenthal, M.D., of the National Institute of Mental Health with a manic-depressive woman whose depressive periods almost always began mid to late summer and peaked around year's end. They created the conditions of a spring day. During the first week of December, the doctor woke the woman up at 6 a.m. and exposed her to artificial light — about ten times as bright as normal indoor light — for three hours. Then at 4 p.m. she was exposed to the same types of light for another three hours. In effect they were lengthening her days. The treatment lasted ten days.

Within about four days, the woman began to emerge from her depressive cocoon. In her own opinion she felt better. The researchers came away from the experiment believing that humans, like bears and migratory birds, and most of what used to be called the animal kingdom, have seasonal rhythms. It is thought by Daniel Kripke, M.D., of UC San Diego that artificial light can help year round depression as well. He believes depression occurs when the body's circadian rhythms goes awry and the body's inner clock runs too fast or too slow.

Whether these findings can be translated into information that we can use on our own remains to be seen. I find it interesting and potentially very promising, but we are in the early stages of this and aren't sure of what the practical applications may be.

Newsletter Business Directory

HOUSEMATE WANTED to share large foothills home with professional woman. Large room with view, private bath and separate entrance. Easy Sacramento commute. On acreage, pets negotiable. \$300 includes housekeeper. 663-4422.

WHITTIER HOUSE B & B assures you a comfortable and relaxing sojourn, a special place for a special time. Info: LSAVE 12133 Colima, Whittier, CA. 90604, 213/941-7222. Near Disneyland and central to L.A., Long Beach, Orange County areas. Cable TV & woman films, limo service.

HOLLY'S PLACE IN TAHOE. Enjoy the warmth, relaxation, and fun meeting other women. X-Country and Downhill skiing closeby. Private rooms with shared bath and kitchen. Large fireplace in living room. \$48-\$58 per nite, per couple. (Singles welcomed). Includes Continental breakfast. Cottages \$75-\$85 per nite per cpl. Includes private bath, kitchen, and fireplace. 10 to 30% off during midweek (mention this ad). Smoke outdoors only. Details and reservations, (916) 544-7040.

TAHOE MIDWEEK SKI PACKAGE AT HOLLY'S. 5 nites lodging, all delicious and healthy meals, cross country ski lessons, discount ski rentals, transportation to ski areas, plus lots of evening fun! Only \$220 singles, \$350 couples. Details and reservations, (916) 544-7040.



Patricia DiGiorgio

Certified Massage Therapist

- Business License #611091
- Insurance Billing
- Gift Certificates

486-1006

Specializing in Stress Reduction Techniques

M. JANE PEARCE
ATTORNEY AT LAW

1722 J STREET, SUITE 17
SACRAMENTO, CALIFORNIA 95814

(916) 447-5458

Whitney & Killick

FINANCIAL SERVICES

Tax Preparation and Planning

Catherine A. Whitney

Linda E. Killick

(916) 486-8985

2321 Lloyd Lane, Sacramento, California 95825

Announcing Sacramento's
Newest Real Estate Service

Jayne Rountree

REAL ESTATE INVESTMENTS

(916) 921-6642

Current Board Member of CAP/PAC

Former Board Member of SACWN



Phoenix Rising

Hair Designs

Paulette Jacobson

3193 Riverside Blvd. • Sacramento, CA 95818 • 443-5478

Barbara J. Ballif, L.C.S.W. & Associates

SANDRA WARNE, M.A.

Psychotherapy

M.F.C.C. Registered Intern #IMF17590

(916) 648-1443
(916) 973-9721

650 University Ave., Ste. #209
Sacramento, CA 95825

Laurie

HAIR CUTTING MILL
2713 RIVERSIDE BLVD.
SACRAMENTO, CA

442-6820

Remy Ceci
REALTOR
(916) 455-8054

GBC
REALTORS

6001 Folsom Boulevard
Sacramento, CA 95819
(916) 739-1212
(916) 739-1284 FAX

GEORGALLIS BIANCHINI CIAVARELLA

Phyllis A. Kaufman, Ph.D.

LICENSED CLINICAL SOCIAL WORKER
580 UNIVERSITY AVENUE, SUITE 206
SACRAMENTO, CA 95825

(916) 967-0778

Sacramento
Women's
Chorus

For membership and engagements
Please call:

Davis
753-6022
Martie Rader

Book Reviews

MURDER IS RELATIVE

by Karen Squam

The Naiad Press, Inc., 1990

\$8.95

Reviewed by Linda L. Ramer

Karen Squam has cleverly woven into this complex mystery novel the themes of dysfunctional families and recovery programs. The story takes place in Maine where Brigid Donovan, a gutsy lesbian writer, has been hired to write the history of the state's H.O.P.E. House, an interfaith community.

Matriarch Claire Dulac has actually hired Brigid to look into the brutal death of Claire's son-in-law, David Thorne. Brigid struggles with her own recovery from alcoholism as she works through the murder mystery.

Squam skillfully links the book's plot with the interaction of the various characters and their dysfunctional families. The murdered man, Thorne, is an enigma — a recovered alcoholic whose actions in recovery have earned him great affection, but whose past is a mosaic of tragedy.

I recommend this book for your by-the-fireplace reading this winter.

A ROOM FULL OF WOMEN

by Elisabeth Nonas

The Naiad Press, Inc., 1990

\$8.95

Reviewed by Linda L. Ramer

This is a romantic, contemporary novel of lesbian life. Classified in the "light and fluffy" category, this is an enjoyable book for when you just want to relax and be entertained.

Nonas' characters are delightful. Real estate attorney Natalie Bazarian, as she approaches forty, is questioning her career; her attraction to the young and idealistic third-year law student, Maggie; the pressure of being a role model in the lesbian community; and her ten-year relationship with film editor Annie Weiss — in short, her life.

Natalie's friend, advertising designer Blair Wilder, appears to be happy with her single life, but beneath that thin veneer is a woman whose past haunts her. Blair's present intimate contacts are limited by that past.

"A Room Full of Women" takes the reader through Natalie's and Blair's individual growth and issues.

Enjoy.

Deborah A. Brooks

Certified Public Accountant

Accounting, Auditing and Tax Services for:
Small Businesses
Individuals
Non-Profit Organizations

P.O. Box 21 • Browns Valley, CA 95918
(916) 743-9668
Collect calls accepted.

SPECIAL INTEREST GROUPS

This month, we're acknowledging Judie, of Relationship Addiction, one of the S.I.G.s that's been operating for a good length of time. Judie is very committed to her group and to its growth and high functioning. She's had some problems to deal with as the group has grown and she has done a fine job of handling them and seeking help as needed. The members of this group have found it to be extremely helpful. Thanks, Judie!

This month's suggestions for new S.I.G.s: a grandmothers group, a western dance group, healthcare professionals, photography, women of color and a writers' support group. I've had a couple of calls for computers and softball, but we need a larger number of women to get each group going, so keep calling and I'll collect names until we have enough women and a facilitator for a new group.

Ellie Zacks
S.I.G. Coordinator
967-0611

Kathy Mullen
Associate

BRIDGE

Bridge games will be Friday, Feb. 8 at 7:00 p.m. and Sunday, Feb. 24 at 4:00 p.m. Lessons Feb. 1 and Mar. 1 at 7:00 p.m. Call Joyce, 1-676-4317 for locations.

SINGLES

Cheryl, 452-1687.

SELF-EMPLOYED WOMEN

January's meeting was a planning meeting for the next year. Call Ellie for details and hopefully, the name and number of the new facilitator for this group — 967-0611.

BOOK GROUP

The Book Group always meets the third Sunday in the month except of course for February when it really meets on Feb. 10. The book this month is a repeat — *The Chalice and the Blade*. That was our selection for November that never happened, but it's happening now. Please join us — it's an exciting, interesting book. For more info, contact Grethen, 922-6287.

LATE-BLOOMERS

Don't let the February "blahs" get you. Looking for support, friendship, or a comfortable evening with women in a similar situation? Join us late bloomers as we discuss our "new lives" and where we're headed in the 90's. Believe it or not, other women are going through changes similar to yours. Call Mary, 1-677-8901.

RELATIONSHIP ADDICTION

One definition of relationship addiction is, "In spite of ample evidence that something isn't good for us, we can't stop our involvement with it." (Robin Norwood) Does that fit you? We are a small group who have these things in common. We offer support and a safe place as well as 12-step study for relationship addiction. We do discourage partners from participating in the group. Call Judie, 481-5001.

CULTURE CLUB

Plays, concerts, movies, museums, potluck planning meetings, excursions to the City, the symphony, dining out and more. We're the Culture Club. Join us. Call Ann, 927-6038.

TOP TEN

Ariel, 483-9794

DAVIS OVER 30 GROUP

It's the dead of winter outside in Davis, but indoors the Davis over 30 group will be keeping warm sipping soup and breaking bread by the fire while we make plans together for the coming months. Bring your ideas and join us for our mid-winter repast on Friday, Feb. 15, from 7-10 p.m. Call Chris, 758-0879 or Shelley, 753-0470 for location and details.

SCUBA DIVERS

Emilie, 753-1918

OUTDOOR RECREATION

Join us for a day of cross country skiing at Clair Tappaan Lodge at Donner Pass, Feb. 23. Lessons available for beginners; all abilities welcome. Downhill skiers can ski at nearby Sugar Bowl. Call Carol for meeting place and carpooling, 451-7933.

HORSING AROUND

Our group met with Camping Women on Jan. 4 to discuss camping areas suitable for horse and rider camping this spring. We're planning outings in the Sierras that have hiking trails and horseback riding. We're still waiting to hear from more women who want to ride or just learn more about horses. Call Snowy, 272-2095.

NEW GROUPS!!

SECOND STAGE RECOVERY

Are you no longer new to recovery? Are you frustrated with living in the problem and ready and willing to move into the solution? Are you ready to move on with your spiritual journey?

We are a group of women in recovery. We come from the experience of co-dependency, ACA, Al-Anon, relationship addiction, AA, DA, and OA and have found many commonalities.

In Second Stage Recovery, we will meet to support each other in our growth and the ongoing recovery process using 12 step principles. Call Ann, 927-6038 or Kathy, 1-753-4204.

CAMPING — RV OR TENTS

Let's try again. Spring is coming up and we need to make reservations. Let's circle the wagons and have good time. Call Jayne, 921-6642.

ENVIRONMENTAL GROUP

Are you interested in becoming more environmentally conscious and responsible? We're forming a new group for SACWN members who wish to learn more about this area and put some ideas into practice. Call Mary, 988-9621.

Kate Guzman, L.C.S.W.
announces
A Change of Name and
The Opening of
Her New Office

Kate MacKenzie, L.C.S.W.
1731 "T" Street
Sacramento, CA. 95814
(916) 447-0350

Joan Frázzini,
LCSW LG9415



*Individuals
Couples
Families*

1731 I Street
Sacramento, CA 95814

(916) 447-9114

Do you feel like you're married, but legally you're not?

If one of you is disabled, dies, or leaves, do you know what your rights are?

Protect yourself, your partner, and your relationship.

Contact
**Carolyn
Langenkamp**

of

**Metrailler, Langenkamp & Kirk
Attorneys**

(916) 447-7255

1329 H Street
Sacramento, CA 95814



"MAKING A DIFFERENCE"

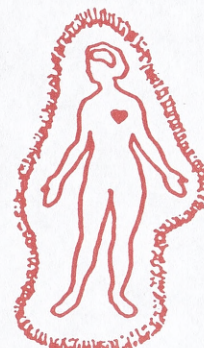
Environmental Investing
Tax Sheltered Annuities
Insurance . Taxes

MARSHA ORITT
(916) 965-5437

7996 Old Winding Way, Suite 220
Fair Oaks, California 95628

Securities & Investments through
E.F. Daly Inc. Member NASD/SIPC,
San Mateo, California

CYNDI L. ADELIZZI
Certified Massage Therapist



Holistic Massage
by appointment
(916) 452-7734

SACWN, INC. — SUBSCRIPTION/ RENEWAL BY MAIL

All subscriptions may be paid in full or in 2 installments, the second installment due in 6 months. Subscription entitles you to our monthly Newsletter and discounts for all functions. Please select the appropriate category and send a check for the correct amount, payable to SACWN, Inc.

New Subscription ☐ Renewal ☐

CATEGORIES

RATES

Student/Senior/Disabled/Limited	
Income Subscriber -	\$24.00/year _____
Regular Subscriber -	\$36.00/year _____
Sustaining Subscriber -	\$48.00/year _____

Enclosed check and mail to: SACWN, Inc., P.O. Box 661332,
Sacramento, CA 95866

Name _____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W) _____

Career Interests _____

This form is NOT a permanent record. Please note: Names on checks are listed in our financial records and may be audited. You may elect to pay cash for your subscription and/or admission to our events. For your protection, do not send cash through the mail. If subscribing by cash, please make your payment at the next meeting you attend.

WAIVER — I AM AWARE THAT CERTAIN RISKS OR INJURIES COULD OCCUR ARISING FROM MY PARTICIPATION IN SACWN, INC. EVENTS AND/OR SPECIAL INTEREST GROUPS. IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN SUCH EVENTS, SOME OF WHICH MAY INVOLVE STRENUOUS ACTIVITY (I.E. HIKING, GOLFING, SKIING, CYCLING, ETC.), I HEREBY ASSUME ALL RISKS AND WILL HOLD SACWN, INC. AND ITS MEMBERS HARMLESS FROM ALL LIABILITY WHICH MAY ARISE IN CONNECTION WITH THESE ACTIVITIES.

SIGNATURE _____ DATE _____

*LIMITED INCOME - SACWN, Inc. considers a person living on a limited income to be anyone who is having a difficult time paying for basic necessities — food, utilities and rent — and who rarely considers entertainment as part of their budget. SENIORS, STUDENTS, DISABLED — Age 65+ on Limited Income; Students 21+ on Limited Income; Disabled Citizens on Limited Income.

SACWN'S VALENTINE DANCE Featuring The HEARTBEATS!

Name: _____

Address: _____

Phone: _____

TICKETS:	# or tickets	Member's name or #
----------	--------------	--------------------

Pre-registered Student/Senior/ Disabled/Limited Income*	\$9.00	_____
--	--------	-------

Pre-registered Members	\$11.00	_____
------------------------	---------	-------

Pre-registered Non-members	\$16.00	_____
----------------------------	---------	-------

All At-Door tickets will be \$16.00!!

TOTAL TICKETS _____ TOTAL ENCLOSED _____

Make checks payable to SACWN, Inc. Send reservations, check, or money order and a self-addressed stamped envelope to: SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866.

SACWN, Inc.

P.O. Box 661332

Sacramento, CA 95866